

The criteria in this section of the m-NEAT refer to the conditions that should exist in a Fitness Center.

- 1) **Communicate your intent with the MWR, Sports and Fitness Director. Prior to conducting the onsite assessment, notify the Fitness Manager of who you are and the intent of your visit.**

Sports and Fitness Director: _____ **Phone:** _____

- 2) **Determine the number and location of existing fitness centers on your installation. Most installations only have one fitness center; however, if your installation has more than two, select the largest facility with highest volume of traffic that has a food center and/or beverage vending machine.**

Date of visit:	Site 1: _____ Location: _____ Fitness Manager: _____ Phone: _____
Date of visit:	Site 2: _____ Location: _____ Fitness Manager: _____ Phone: _____

- 3) **Familiarize yourself with each criteria/component prior to your site visit.**

Nutrition Awareness		Site 1	Site 2	NOTES
1	Does the fitness center have relevant and up-to-date nutrition educational material available? What type of material is available?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> posters <input type="radio"/> brochures <input type="radio"/> flyers <input type="radio"/> classes <input type="radio"/> other	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> posters <input type="radio"/> brochures <input type="radio"/> flyers <input type="radio"/> classes <input type="radio"/> other	

FOOD CENTER		Site 1	Site 2	NOTES
2	What type of operation is surveyed? <i>If Food Center answer Questions 3 thru 12 only.</i> <i>If Beverage Vending answer Questions 13 and 14 only.</i>	<input type="radio"/> Food Center <input type="radio"/> Bev. Vending. <input type="radio"/> Both	<input type="radio"/> Food Center <input type="radio"/> Bev. Vending. <input type="radio"/> Both	
3	Do food items that are prepared (i.e. fruit or protein shakes) have nutrition labeling that is relevant to the serving size?	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
4	Shake options include fruit, milk or protein powders. <i>Milk choices include low-fat (1%), skim, fat-free or non-fat dairy. Soy and almond milk are acceptable choices.</i>	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
5	Are dietary supplements sold?	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
6	Low-fat chocolate milk (1%) is available.	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
7	Fresh whole or cut-up fruit. <i>If a fruit cup is offered, fruit is packed in own juice.</i>	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
8	Energy or sports bars are available. <i>These do not have specific macronutrient criteria. Candy bars do NOT count as "energy" bars.</i>	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
9	Fruit juice is 100% juice.	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
10	Plain, unflavored bottled water is available.	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
11	Sports Drink (i.e. PowerAde, Gatorade, and Low-Cal sports Drink such as G-2 and Propel) are available.	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	
12	Energy Drinks (or energy boost shots) are available. <i>Please note that the goal is to <u>decrease</u> consumption of energy drinks or boost shots due to adverse effects on training or mission.</i>	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	

BEVERAGE VENDING		Site 1	Site 2		
13	What percent of beverage choices contain less than or equal to 40 calories per serving?	<input type="radio"/> ≥75% <input type="radio"/> 50-74% <input type="radio"/> <49%	<input type="radio"/> ≥75% <input type="radio"/> 50-74% <input type="radio"/> <49%		
<p>1. List the types of available beverages and container size (it is not necessary to count every single bottle; just the number of selections...a beverage can be counted more than once if it is offered more than once per row or selection button).</p> <table border="1" style="width: 100%; height: 150px;"> <tr> <td style="width: 50%;"></td> <td style="width: 50%;"></td> </tr> </table> <p>2. Circle the beverages that contain less than 40 kcals per serving (do not count low-calorie energy drinks). Examples of low-calorie beverages include: water, Propel, G-2, Crystal Light, some Vitamin Waters, unsweetened or diet tea, and diet sodas).</p> <p>3. Site 1: Total beverages <input type="text"/> <input type="text"/> ÷ ≤40 kcal beverages <input type="text"/> <input type="text"/> x 100% = <input type="text"/> %</p> <p>Site 2: Total beverages <input type="text"/> <input type="text"/> ÷ ≤40 kcal beverages <input type="text"/> <input type="text"/> x 100% = <input type="text"/> %</p>					
14	Beverages with more than 40 calories per serving are only offered in servings of less than 12 oz.	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no		

Survey Completed by:	Name: _____		Phone: _____
	E-mail: _____		